

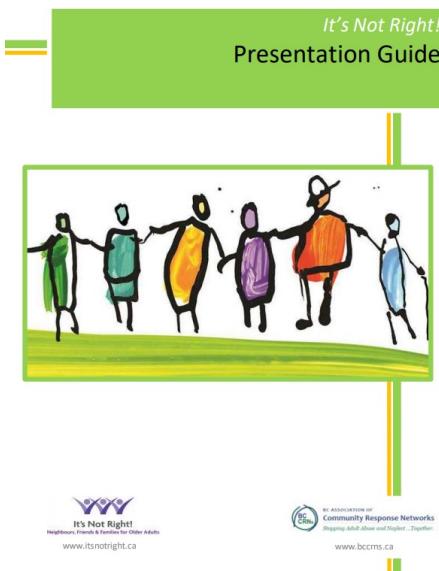


E-Connector

The BC Association of Community Response Networks (BC CRN) Newsletter

It's Not Right! and Gatekeeper Programs

It's Time to Book Your Presentation or Training



The change in season is the ideal time to book an *It's Not Right!* or *Gatekeeper* session for your community or team.

BC CRN is proud to offer the two programs to communities across the province.

[It's Not Right!](#) is for anyone in the community who wants to learn more about adult abuse and neglect, and the small, practical steps one can take to help.

[Gatekeeper](#) is most relevant to for anyone who is in regular contact with seniors or vulnerable adults as part of their daily routines, activities, or work.

[View the BC CRN program brochure for more information.](#)

If you're interested in going deeper into these programs, BC CRN also offers in-depth training to individuals and groups who are interested in becoming community presenters. Community presenters

are one point of contact for both programs, and are responsible for conducting presentations and workshops to local groups.

BC CRN's Coordinator of Programs

Shirley Stewart is the provincial coordinator of both programs, and the newest member to the BC CR N team.

"It's Not Right! and *Gatekeeper* are amazing programs, and not enough people know about them," she says. "My job is to work with both the provincial organization and the team of community presenters to spread the word on the value of these programs to the public. I'm also responsible for ensuring community presenters feel supported and have what they need when they conduct a session."



(Photo: S. Stewart)

Contact Information

Both programs are currently accepting requests for presentations and training.

To book an [*It's Not Right!*](#) presentation or workshop, email itsnotright@bccrns.ca.

To book a [*Gatekeeper*](#) workshop, email gatekeeper@bccrns.ca.

To book training to become a community presenter, email shirley.stewart@bccrns.ca. [View more information on the latest training offerings.](#)

BC CRN's Newest CRNs

We welcome the following CRNs to the network:

- Coastal Coalition CRN serving Ucluelet, Tofino, Hitacu, Macoah, Tyltistanis, Hot Springs, Esowista, Opitsaht, ACRD Area C, and Ahousaht.
- Oceanside Region CRN serving Parksville, Qualicum, and the surrounding regional districts.

If you'd like to get involved in a CRN in your neighbourhood, look them up on our [website](#), or contact us at info@bccrns.ca.

Welcome BC CRN's Newest Team Members

Join us in welcoming the following individuals to the BC CRN:

- **Cari Taylor**, Regional Mentor – Vancouver Island South
- **Devirani Naidoo**, Regional Mentor – Fraser Valley East
- **Alyssa Christianson**, Mentor Liaison to Jane Osborne, Regional Mentor – Central and North Vancouver Island.

Cari and Devirani have been previously profiled as exceptional volunteers in E-Connector, and both are also community presenters.

Alyssa is based in Campbell River, and is assisting Jane with the CRN work in the region.

Volunteer of the Month: Mickey Balas, Golden CRN

Mickey's idea of retirement is jumping into what seems like another career. She is the local CRN's coordinator, the town's Seniors' Navigator, and a founding member of Golden's age-friendly committee. Managing multiple roles means Mickey is always on the go. Her dedication to seniors' causes, particularly to making Golden an age-friendly community, has her calendar chock-a-block with meetings. (It took us a total of five months from first contact with her to the publication of this article!)

She anchors a small, but mighty team of dedicated volunteers – all residents – who work towards making her Golden community a better, safer, and more engaging place for seniors of all ages. We are very pleased to have her as our volunteer of the month.

A Career in Insurance First Opened Her Eyes to Seniors Issues

Mickey worked in insurance for over 20 years before retiring from the job. Her last stint was as manager of a local insurance agency.

"I repeatedly observed seniors having a hard time making a claim, and constantly advocated for them," she says. "I vowed that when I retired, I would work with seniors."

In the past ten years, Mickey has also coordinated a support group for caregivers of seniors and became involved in the local seniors' society.

"My main interest was, and continues to be, seniors - finding the services and resources they need and to which they are entitled and then making sure they receive those services."

CRN Coordination a Natural Extension to Senior Navigator Role, Age Friendly

As the senior navigator in Golden, Mickey takes calls from people looking for help, and directs them to agencies and services that can provide support and resources. In her role on the community's age-friendly committee, Mickey learned that there were still many questions about the services available to seniors.

"I researched what was available in Golden, and found it to be very challenging," she recalls. "For example, we have an entire wing of our hospital that houses patient services. For the most part, the average Goldenite did not know those services exist, let alone where they were located."

A presentation by past BC CRN regional mentor Bill Barger at an age-friendly committee meeting connected Golden to the BC CRN.

"The idea of the CRN just dropped into my lap. As a team, we agreed that we needed to do work on abuse awareness and prevention," she continues. "I've seen abuse in the community, and back then, it



(Photo: M. Balas)

wasn't clear what could or should be done about it. Having an active CRN helps others become aware of the issue, and what each of us in the community can do about it."

Golden has a general population of approximately 4,000. Of that, seniors comprise a quarter of its local residents. The community is also remote, with its closest neighbouring town an hour and half away.

CRN Plans Include Training, Holding More Social Events for Seniors

The Golden CRN is very active in the community, and holds several annual events and programs to bring seniors together. Monthly coffee socials, regular community lunches and dinners, and special gatherings are just a few of the programs the CRN maintains.

"My favourite event is our 'Tea & Talk', which was started last year," Mickey shares. "We invited between 60 and 70 seniors to tea. Lunch was served to them by RCMP members and our local Community Paramedics, who were led into the room by (bag)pipers. A local retired RCMP officer also gave a presentation on scams and fraud. The goal was to help seniors feel comfortable if they were to call law enforcement for help. This connection was the most important outcome of the event. It opened a relationship between seniors and the RCMP that did not exist before. And the seniors felt special being waited on by someone in red serge."

The CRN is currently looking at conducting *It's Not Right!* and *Gatekeeper* training. They will be making regular monthly presentations at the local Senior Society morning coffee meetings.

"My aim is to keep adult abuse, neglect, and self-neglect awareness in front of the public eye. We want to be able to help in the right way when someone reaches out," she says.

Why She's an Exceptional Volunteer

"Mickey is a dynamo," says **Doug Newberry**, Regional Mentor – East Kootenay. "She is always working for the community, and creating opportunities to increase awareness and educate others about adult abuse, neglect and self neglect. Mickey is driven and passionate about ensuring resources and services for older adults are available and accessible in Golden and the area.

"She has made the Golden CRN a great example of how a CRN can function for the betterment of the community. I am honoured and proud to have her as one of my CRN coordinators in the East Kootenay."

"Doug has been a wonder, and his wife Laura is lovely," says Mickey. "Although they live three hours away from Golden, Doug is in regular contact. Last Thanksgiving, the couple invited us to their home for turkey dinner the night before a training session. This was a great way to get to know one another. This is how we build community out here."

If you have an exceptional volunteer you think we should profile in E-Connector, contact is at info@bccrns.ca.

#WEAAD2019: Counting Down!

World Elder Abuse Awareness Day (WEAAD) is June 15, 2019. It was officially recognized by the United Nations General Assembly in its resolution 66/127, December 2011, following a request by the International Network for the Prevention of Elder Abuse (INPEA), who first established the commemoration in June 2006.

It represents the one day in the year when the whole world voices its opposition to the abuse and suffering inflicted to some of our older generations.

It's the perfect time to put #WEAAD2019 into your calendar and start planning your activities today!

View BC CRN's [Spread the Word Guide](#) for activity ideas, or contact your [local community response network](#) (CRN) to get involved.



(Photo: Houston CRN, 2017)

Provincial Learning Events

April 16, 2019: The Public Guardian and Trustee (PGT): 19 Years Later - Where are We Now? presented by Alison Leaney, Provincial Coordinator, Vulnerable Adults Community Response.

Alison will provide an update on adult guardianship and related legislation, as well as an overview of key regional, provincial, and national initiatives that will be relevant to CRNs.

Alison Leaney, MSW, RSW has over 20 years of working with the Public Guardian and Trustee in various roles. She was one of the original members of the Adult Guardianship Implementation Team at the PGT and founding Executive Director of the BCCRN. Alison has also worked locally, regionally, provincially and nationally in the abuse prevention and seniors field for almost 25 years.

Provincial Learning Events are toll-free teleconferences that take place the third Tuesday of the month from 10:30 am to 12 pm. Everyone is welcome.

Email info@bccrns.ca to receive notifications of upcoming teleconferences and to receive dial-in info.

[Access materials for previous events.](#)



Photo: A. Leaney

Our Top 3: Resources of the Month

1. [Healthy Aging CORE \(Collaborative Online Resources and Education\)](#): The knowledge hub for Community Based Seniors' Services organizations and allied agencies and individuals in British Columbia.
2. [Frauds and Scams Resources](#): A consolidated list of the most current resources on the topic of frauds and scams created by the Canadian Network for the Prevention of Elder Abuse (CNPEA).
3. [USC Center on Elder Mistreatment](#): Based out of the University of Southern California (USC), this center acts as a hub coordinating, and stimulating activities related to the field of elder mistreatment. Some great ideas on their website.

"Like" [Facebook](#) or "follow" us on [Twitter](#) to receive the latest resources on adult abuse and neglect.

Our Top 5: Headlines of the Month

1. [Edmonton police warn of providing too much information in obituaries](#), Global News, March 14, 2019
2. [VIDEO: 'Seniors centre champion' takes women of distinction ward](#), Aldergrove Star, March 9, 2019
3. [Most of us are too blinded by dollar signs to recognize fraud](#), Burnaby Now, March 5, 2019
4. [Better Business Bureau releases list of top 10 scams](#), The Georgia Straight, March 1, 2019
5. ['Most people think it can't happen to them'](#), North Bay Nugget, March 1, 2019

"Like" [Facebook](#) or "follow" us on [Twitter](#) to receive the latest news on adult abuse and neglect.

Campaigns & Professional Development Events

- **Dialogue on Aging: Geriatric Services Conference, Providence Health Care**
April 12, 2019, Vancouver Convention Centre

The theme this year is *Connect. Collaborate. Create.* [View more information](#).
- **Reducing Elder Abuse in BC: Together in Action Conference, Council to Reduce Elder Abuse (CREA)**
May 2-3, 2019, Richmond, BC, Canada

Save the dates! [View more information on the conference, including how to register](#).

- **28th John K. Friesen Conference: Understanding and Fostering Resilience in Older Adults**
June 10-11, SFU Vancouver Campus, 515 West Hastings Street, Vancouver, BC, Canada

Host Organization: The Simon Fraser University Gerontology Research Centre in collaboration with the SFU Lifelong Learning Adult 55+ Program.

This conference will address the ways in which seniors bounce back from different types and combinations of adversity – termed resilience. Some of the challenges that will be addressed include: mental and physical health issues, especially multimorbidity; family change such as widowhood; socio-economic deprivation; social isolation and loneliness; ageism and discrimination; housing problems; and environmental disasters, to name a few.

[View more information, and details on how to register.](#)

- **World Elder Abuse Awareness Day (WEAAD) 2019**
June 15, Worldwide

Start planning your event now! View BC CRN's [Spread the Word Guide](#) for ideas on how to raise awareness of adult abuse, neglect, and self-neglect on this very important day!

- **43rd Annual BC Elders Gathering**
July 23-24, 2019, Vancouver Convention Centre

[View more information on how to register, including exhibit registration.](#)

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